

# BRIDGES

WEDNESDAY, SEPTEMBER 3, 2014

## MUSIC:

Phoenix Lauren's first EP tight collection of funk and soul **P. 14**

## SHARP EATS:

Inaccuracies, not facts abound in urban chicken argument **P. 16**

## GARDENING:

Late blight has hit Sask. - protect your crop with our tips **P. 19**

A STARPHOENIX COMMUNITY NEWSPAPER



## A CASTLE SCHOOL TURNS ONE HUNDRED

PLEASANT HILL WORKS WONDERS  
BUT UNCERTAINTIES LIE AHEAD **P. 4**

Mickey Juras and Marie Peepatch reflect on one of the city's most unique schools

FREE

# READ MY BOOK

**LOCAL AUTHORS:** Writers tell us what makes their book worth reading

■ ANGELA BOWEN

## Today's Grandmother

"Do they really not eat any food until they are six months old?" The new grandmother asked.

She just wasn't listen to what I say about caring for Laura. I don't want to leave her alone with the baby. The new mother said of her mother-in-law.

"My mother-in-law's thing to say is 'I used it for you and you survived' when she brings over things she finds at garage sales, but most of it is unsafe and junk."

These are some of the comments I heard at a recent signing of my book *Today's Grandmother: Your Guide to the First Two Years*. These women confirm what *Today's Grandmother* says—much has changed since we had our babies and new grandmothers

need to update their knowledge about baby care to best help the new family.

As a Registered Nurse and Professor at the University of Saskatchewan, I have spent much of the last 40 years taking care of or teaching others to care for mothers and babies. I felt well prepared to be a great mother, but I quickly discovered that I too had much to learn.

I carefully watched how great mothers interacted with their daugh-

ters and daughter-in-laws and their grandmothers. I noted what was working and not working in their relationships! What grandmothers wish they had known and what daughters-in-law wanted them to do differently? I reviewed the advice that new parents are usually given when they have a baby. I checked experts such as Health Canada, Pediatric and Obstetrical resources, and provide the reader with these links.

Grandmothers have provided the practical approach of *Today's Grandmother*. They tell us they can relate to the book and appreciate its down-to-earth approach. Mothers tell me *Today's Grandmother* accurately portrays their challenges dealing with a new baby as well as a sometimes over-

ly enthusiastic or overbearing mother or mother-in-law. They thank me for telling it like it is.

I wrote *Today's Grandmother* to help you to become the grandmother you want to be, and to enjoy the transition into this wonderful new phase of your life.

A portion of the profits from *Today's Grandmother* go to Grandmothers to Grandmothers, a Stephen Leacock Centre that supports grandmothers in Africa who are raising their grandchild. I'm inspired because of HIV/AIDS.

*Today's Grandmother* is available at Mobility Mart in Saskatoon, 1011 1st St. Shop and help us in Saskatoon. Community is and can be a part of this distribution. Check in to get it and share it with family. Visit [www.todaysgrandmother.com](http://www.todaysgrandmother.com), Sign Up for Facebook of *Today's Grandmother*.



Angela Bowen



**TODAY'S GRANDMOTHER:  
YOUR GUIDE TO THE  
FIRST TWO YEARS**  
Angela Bowen, RN PhD

## Community Farmers Market of Saskatoon

**Locally Grown Produce**

**Hours of Operation: 9am - 4pm**

Cucumbers

Sask Corn

Onions

Beets

New Potatoes

Shaved Carrots

Cabbage

Sask Grown Honey

Radishes

Homemade Baking

**London Drugs on 8<sup>th</sup> Street  
Tuesdays & Fridays**

**Peavey Mart on 51<sup>st</sup> Street  
Thursdays**

# INDEX

## # COVER PG. 4



Marie Pendergast at Pleasant Hill Community School with yearbook photo from her Grade 5 class in 1989.  
 BY GREG PENDER

## # TABLE OF CONTENTS

### READ MY BOOK — 2

Grandmas will appreciate the practical approach of Amelia Downes' *Today's Grandmother*.

### ON THE COVER — 4

As Pleasant Hill Community School celebrates its 100th year, our special issue keeps the school's history alive.

AGRI-ELLIE — 10

CROSSWORD/ SUDOKU — 11

### ON THE SCENE — 12

Our best shots from Kirk Cif's *How Heels*. DRG, a networking event for female professionals.

### MUSIC — 14

Phoebe Lauson's first album is a light collection of funk and soul songs.

### SHARP EATS — 16

Do chickens deserve a place in city backyards? Columnist Jenn Sharp says they do.

### IN THE CITY — 18

A moment in time: Photographer Matthew Berg's shot that defines the week.

### GARDENING — 18

Late night has hit Saskatoon — use our tips to protect your crop.

### EVENTS — 20

What you need to know to plan your week. Send listings to [bridges@thestaffords.com](mailto:bridges@thestaffords.com).

### OUTSIDE THE LINES — 23

A weekly coloring creation for kids of all ages by artist Stephanie Morley.

### RECIPES — 26

Make your own natural pop and out the corns: not the flavor.

### WINE WORLD — 27

If it says Pinot on the label, just buy it.

## # SHARP EATS PG. 16



There have been too many egg-layers and not enough facts in the aggro of about urban chickens according to columnist Jenn Sharp. BY GREG PENDER

### BRIDGES COVER PHOTO BY GREG PENDER

Bridges is published by The Staffords — a division of Postmedia Network Inc. — at 204 Fifth Avenue North, Saskatoon, Sask., S7N 2P1.

Editorial inquiries to: Editor-in-Chief Heather Pearson, managing editor, Jenn Sharp, associate editor. For advertising inquiries contact: KIM KOBLE, editorial, 687-6327; home delivery 687-6320. Hours of operation are Monday to Friday 8:30 a.m. to 4:30 p.m.

The contents of this publication are protected by copyright and may be used only for personal non-commercial purposes. All other rights are reserved and commercial use is prohibited. To make any use of this material you must first obtain the permission of the owner of the copyright. For more information, contact the editor at 687-6327.

## ON THE COVER

They're building new schools but I hope they don't forget the old ones. — Rachel Hornenzuk

#PLEASANT HILL COMMUNITY SCHOOL CENTENNIAL

# A classic school looks beyond 100

By Jenn Sharp

The castle-like Pleasant Hill Community School is turning 100 and showing its age. The school offers programming that helps build better lives, but renovations are long overdue and people who love it have concerns for its future.

"They're building new schools and new ones but I hope they don't forget the old ones. We have a lot to offer at this school," says Rachel Hornenzuk, Pleasant Hill's administrative assistant of 18 years.

She's the first person students see when they pass through the limestone archway front entrance. A mass of kids sitting on the edge of a wooden fence over Hornenzuk's office window. It's a bright, cheerful start to the day, particularly for children with too much darkness in their lives.

Maria Perpetua was one of those children. She came to the school in 1988 after her mom kidnapped her, she says, from her sister Wendy near Yakima. She was afraid to live with a woman she barely knew in a strange city. But Pleasant Hill was a safe place that gave her stability in a world turned upside down by her mother's addiction.

Principal Mickey Jutras is proud of the school's cultural program again. A community noon provides a place for parents to read the newspaper, socialize over coffee and connect with teachers. There's a fun to rent movie so students can be held every Monday morning. A health care nurse visits once a week.

The school has a Latin juggling group and pom-pom dance troupes. On cultural nights kids and community members can learn how to dance. There's a drum group on Tuesday nights.

All students take Cree language classes from kindergarten to Grade 8. Art classes focus on cultural crafts. The school hosts yearly traditional song-and-dance events in the gym for the community. Staff per-

form in events offered through the school district.

Pleasant Hill, like all community schools in Saskatoon, offers a nutrition program which ensures kids get a healthy breakfast, lunch and snack each day.

"It's so kids can start the day not as hungry and the day not as hungry going home because they might not get another meal," says the school's community coordinator Carolyn Arnold.

Part of her job is helping children who are struggling to get to school, whether that's getting there on time, clock or working with their parents. The grand old castle is celebrating its centennial this month. The present building opened in 1918 but its earliest incarnation was a two-room school opened at the site on Ave. 5 South in 1864.

Despite all the benefits it provides, the building is facing health and safety issues. It needs \$11 million in renovations to stay functional but help has been a long time coming.

## MICKY JUTRAS

Mickey Jutras, who was a teacher at Pleasant Hill before he became principal last year, calls the school "a magical place."

Large family portraits fill one wall, with a sign reading "Pleasant Hill Families One Family Under One Sky."

About 96 per cent of the school's students are Aboriginal, which makes cultural programming crucial. Staff work to learn the students, they join the Monday morning meetings and will take part in a pipe ceremony before the centennial all-pom-pom on Sept. 30. For Jutras, there's one thing that sets Pleasant Hill apart from other schools.

"There is love in this school. There's something that happens a lot, and they're genuine."

The challenges that students and staff deal with are also unique.



Maria Perpetua attended Pleasant Hill Community School when she was 8. PHOTOS BY GREG PERLIN



We need to make sure we're loving the kids and we're supporting the kids but we also need to make sure we're not losing track of having high expectations for their learning as well.

—Jutras



## PLEASANT HILL SCHOOL BY THE NUMBERS

7

Amount of elementary schools run by Saskatoon Public Schools in 1913

1914

The year the first Pleasant Hill two-room school opened to accommodate Grades 1 to 3 children who were too young to walk to the next closest school, Pioneer Academics, on 4th St. When it opened it was on the outskirts of Saskatoon.

15

Amount of teachers cut from the district, including one of Pleasant Hill during the war tax reduction in 1915

\$137,000

The cost for the new Pleasant Hill School, which opened Sept. 17, 1919

1930

The year the Local Council of Women started its school/kindergarten at Pleasant Hill, a first for the city

1970

A major renovation had two classrooms and an auditorium into a resource centre, named for Saskatoon Public Schools teacher Marion M. Graham

1986

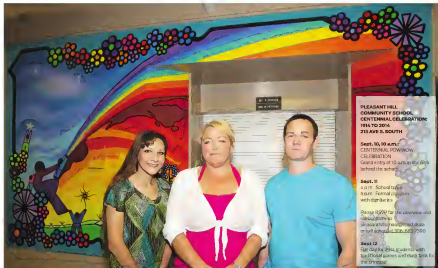
A breakfast and affordable snack program started at Pleasant Hill

Historical photo of Pleasant Hill Community School above is the school in 1929



I wanted to be a role model for these kids. I want these kids to know that it doesn't matter where they come from, it doesn't matter what they've been through, they can do it. They can overcome anything.

— Marie Peepetch



Marie Peepetch, Rachel Hummel and Missy Johns stand beside the colorful mural that grade students were they enter Pleasant Hill Community School on Aug. 5. Staff photo by Janelle Hendrix.

"It was very difficult. I wasn't very happy."

Lane brought her to Saskatchewan when she was 4.

"I was so scared because I didn't know her. I knew she was my mom. That's it."

But she fit in quickly at Pleasant Hill, and that acceptance changed her outlook.

"When I came here, it was so different to me. It was like a new life."

Living with her mom was a difficult story. Lane suffered with various addictions, along with arthritis and lupus.

"Life was really tough living with her. She was an alcoholic and a drug addict until she passed away," says Peepetch, 38.

Peepetch dropped out of school in Grade 8. It was too hard to get up in the morning and do homework at night with her mom's constant partying.

After having children of her own, Peepetch finished her Grade 10. Lane was supportive, then, helping with children while Peepetch took classes. Halfway through Grade 10, when Peepetch was 16, her mom died from cancer.

"That was really hard because I got close to my mom after I had my own kids. She still had her addictions, but she kept it away from my kids because I told her she's not allowed around my kids if she was under the influence of anything. She was able to control it to help me with my own kids."

A natural with children, Peepetch decided to pursue a career as an educational assistant at Pleasant Hill so she could make a difference in the community that helped her.

She's confident when she says, "I wanted to be a role model for these

kids."

"I want these kids to know that it doesn't matter where they came from, it doesn't matter what they've been through, they can do it. They can overcome anything and they can be anything they want to be. I wanted to give them some hope."

Peepetch isn't better about her upbringing. She says her mom did the best she could. She's proud that she now shows her troubled childhood and didn't fall into the victim's cycle of addiction.

"I don't see myself as a victim. I

see myself as a survivor. It's important for these kids to see that. You can overcome anything."

She attributes a lot of the grade 10 students' about-face today to the loss of their heritage.

Restoring a lost heritage will have positive impacts on the next generation, and she says Pleasant Hill is doing a fantastic job.

Once we can get back our culture and our language, we'll start to see more and more healthy people again."

Continued on Page 8

**PLEASANT HILL COMMUNITY SCHOOL CENTENNIAL CELEBRATION 1914 TO 2014**  
215 AVE. B, SOUTH

**Sect. 10, 10 a.m. CENTRAL POWWOW CELEBRATION**  
Grand entry at 10 a.m. on the lawn behind the school.

**Sect. 11**  
4 p.m. School takes a break. Special program with drummers.

**Stage (1000)** For the powwow and drumming to showcase the new Grand Stairs on the school grounds. 306.663.7590

**Sect. 12**  
Fun days for 2014 students with lots of fun games and their day for the principal.



There's something about that school, there's something in that community — I just can't see myself anywhere else. I love it there. I feel like we make a difference

— *Homeniuk*

She says the kids at Pleasant Hill are more empowered than when she was young. She also points to more aboriginal role models today for youth. Despite all of this, it's incredibly hard to break out of a bad life-style.

"It's all around you. When I was a kid, myself and my friends would make ourselves up and get ourselves to school. My mom would still be present."

New Perspectives is taking classes in information technology. She gave up her position at Pleasant Hill because she wants to give her own kids, Morris, 13, Brandon, 11, and Emily, 14, more of her time. Once they're done school, she wants to become a teacher and come back to Pleasant Hill. Brandon and Emily will be going into the school in the fall.

"My kids have heard an amazing good thing. It's a good school. They really care about the kids' learning experience and the kids themselves. I

want my kids to experience that."

#### RACHEL HOMENIUK

Rachel Homeniuk got a different job a few years back but when the time came to leave Pleasant Hill, she just couldn't do it.

"There's something in that school, there's something in that community — I just can't see myself anywhere else. I love it there. I feel like we make a difference."

Pleasant Hill's longest-serving staff member also likes to tell a joke of the day after the school closes. On Canada Day, she witnessed a lot of changes during her time.

When she started working at the school, the parents were out of school.

"Even in things where they could have their say like talking circles, there was no sharing."

The cultural programs have helped the school feel like a community.

only while improvements to the park and playground have made it more welcoming.

"The culture has changed. — I feel like the community is becoming more involved in the school," she says.

♦ ♦ ♦ ♦

Despite its stature, Pleasant Hill school doesn't seem to be treated like a castle. An \$11 million renovation is needed for electrical and mechanical upgrades and asbestos removal, says Jay Morrison, board chair for the Seaton Public School division.

He says the school board has spent between \$1 and \$10 million in recent years to ensure the building remains viable, but added there is much left to be done.

The roof needs to be replaced soon. "It's not just the normal life," he says.



Pleasant Hill's Jay Morrison, Rachel Homeniuk and Emily Perreault at Pleasant Hill Community School. (Homeniuk photo by GORD REIDEN)

## "Make Your Minds Matter"

is a gentle and systematic

### Mindfulness Based Cognitive Training (MGBT) Program

MGBT is proven to be a powerful and effective approach designed to support individuals to cultivate a vibrant awareness of the true nature of their own minds, their lives, and how to live as the highest potential that is within all of us.

Whether you are a student, professional, parent or an older adult.

**You can change your thinking to change your life!**

Programs begin September 15. Pre-registration is required as space is limited.

For more information or to register

visit [www.mgbtcybernaut.com](http://www.mgbtcybernaut.com)

or Contact Lynne at 360-278-3800

## visions salon & spa

A Surface Concept Salon by the creators of Surface Hair Care! Your premier salon and spa for natural and organic hair care products and Enhance Organic Skin Care.



Surface

360-244-4653 • 602A Fort Ave. N. Saskatoon

[www.enhanceorganic.com](http://www.enhanceorganic.com)



## Nuts About Nature At Beaver Creek Conservation Area



Dear Chip,

Field Cricket

Grasshopper

What is the difference between the sound of a cricket and a grasshopper?

Louie

Dear Louie,

Crickets and grasshoppers may be small but they sure make beautiful music! Even though they belong to the same order (Orthoptera), grasshoppers and crickets make their sounds a bit differently from each other. Both animals rub body parts together to make a noise known as "stridulation." Grasshoppers produce a steady mechanical sound, almost like two pieces of sandpaper being rubbed together. They produce this sound by rubbing a row of finger-like bumps on their hind legs against a "scraper" on their wings. Try running your finger along a comb and you will achieve the same effect. Crickets make more of a high pitched musical "tweed, tweed, tweed" by rubbing the top of one wing along the ridges at the bottom of the other wing. This line of dry you hear an insect's wing can also give you a clue to their identity. Grasshoppers usually sing during the day (diurnal), whereas most crickets tend to begin to sing at dusk (nocturnal). It is normally the males that stridulate, though females do it too but more quietly.

Send your question to me at the address below, (even visit Bridges for the answers

Thank you!

Ms. Rosemary Wilks Authority

407 Third Avenue South

Saskatoon, SK S7N 0Y2

Open 9:00 AM - 5:00 PM

Phone: 361-2071 Fax: 361-2072

Website: [www.bridges.ca](http://www.bridges.ca)

Email: [info@bridges.ca](mailto:info@bridges.ca)



Meewasin





My hope is that the school is around in another century, but there are many more things at play than just the structure of the building. We can continue to work away at the building and hope there are no major failures.

—Ray Morrison



Maria Rodriguez says Pleasant Hill changed for it's second year in 2010.

The school board has been asking the provincial government to complete the project since 1996. For a time, it was at the top of the report card. When a new provincial ranking system for school renovations was announced earlier this year, Pleasant Hill dropped out of the top 10.

Renovations are approved for health and safety reasons, and if a school is full or over capacity. Since Pleasant Hill is not full, Morrison says the chance of securing funding from the province is "pretty slim."

He was "disappointed" to find out the school was removed from the list.

"This school is a fixture in that community," he says. Structurally, the building is sound, which Morrison credits to past school boards that have invested in maintenance.

"My hope is that the school is around in another century but

there are many more things at play than just the structure of the building. We can continue to work away at the building and hope there are no major failures."

Don Morgan, minister of education, says both the province and the school board are preparing new bids for renovation projects. The province will be discussing the school's needs with the school division.

"I've told them to look specifically at Pleasant Hill and look at where we may be out of sync with (the school division) and if we can't get better alignment."

He expects the school will make it on both renovation lists in the next budget. However, that doesn't mean repairs will be completed anytime soon. The province has a "huge infrastructure backlog," he says.

"We put out the list that we think

are the most likely to get dealt with in the next two or three years," says Morgan.

"I would think we would want to look at it really closely as being one of the things that would be a priority for us as well as the division. I'm not saying that necessarily it would get funded."

♦ ♦ ♦ ♦

A blue sky full of white, fluffy clouds is scattered around the inside of the school's front entrance. "One cloudy under one sky" is written as the clouds fly to remind the kids as they learn for the day that they have people who love them.

Now the school needs love, its supporters would say.

Journalist Christopher Ross  
Twitter: @crosstheory



## Poppy & Prairie Spa

In a world literally populated with spas, it's not too difficult to find a different Poppy & Prairie Spa is a new boutique spa, located in a unique character home, is designed to accommodate every spa treatment. Open, Melanie Cline opened the spa on April 5 and offers a charming atmosphere that evokes feelings of relaxation and rejuvenation.

Cline brings over 5 years experience in delivering spa services and 20 plus years in client relations. Educated at McGill College in Saskatoon, Melnick made her mark in the esthetician industry at a prominent day spa in Saskatoon. One of her specialties is a focus on Advanced Skin Care with continued education in facial training.

Prepare to be refreshed and invigorated while enjoying spa treatments at Poppy & Prairie Spa. Product selection reflects a commitment regard for clients' wellbeing. "We use products that are gentle but, chemical free and rely focus on letting us give you the best service with the least environmental damage," says Cline. "That's kind of the niche market I want to be in."

Poppy & Prairie Spa offers local care featuring G.M. Golin Skin Care, relaxation massage, hot stone massage and cleansing back treatments as well as manicures and pedicures. The spa carries top brand products as well as Gelin's hot wax care which is a essential of brand products free with no artificial scents or chemicals. To their clients, Melnick which have up to three weeks of care work and much longer on toes. Also available are lash and brow tinting, threading, sugaring and waxing.

G.M. Golin Skin Care includes plant and machine based products offered men and women of all ages products from superior clinical treatments to the highest quality home care. Eight different facials are listed on the website (gingeryadventure.com) with possible customization based on skin type and changing environmental conditions. Skincare and hair styling is available.

With its beautiful stone fireplace and serene rustic feel, Poppy & Prairie Spa is a comfortable environment for solo clients as well with a range of services for men.

Poppy & Prairie Spa offers a quieter, more relaxing environment than large spas or those based in shopping centers. "While not in the mall where people are always walking by, here is the peace in your living room. I think that's a real bonus," says Cline.

Melanie prides herself on offering exemplary service while providing an atmosphere that allows clients to relax and look their best. Poppy & Prairie Spa is 1814B Lorne Avenue and experiences the difference for yourself. Open every Monday and Tuesday 10 a.m. to 5:30 p.m., Wednesday from 10 a.m. to 8 p.m., Thursday and Friday from 10 a.m. to 5:30 p.m. and Saturday 10:00 a.m. to 4:00 p.m.

## # ASK ELLIE

## Leaving someone you love takes courage

**Q** My ex and I ended our relationship five months ago. I didn't want to break up with him, but felt I had no choice.

He had severe emotional issues—and it's not that I couldn't deal with them, nor did I want to "change" him, I was willing to stay by his side but it still wasn't enough.

I miss him terribly, and as struggling to move on with my life. I've never loved anyone like I loved him. I still do.

**Ask**

**Ellie** Leaving someone you love but can't live with for reasons you can't change, is an act of courage and wisdom.

You've saved yourself years of more frustration and heartache. You may even have given him the only way up, and he may have, in fact, with his many emotional problems. If he does this, it'll take time and he needs to do it on his own.

Meanwhile, you have to head from this relationship, and push yourself forward.

## Ask Ellie



You're on the right path. Love yourself now.

**Q** Our son and daughter-in-law (DIL) have been separated now for four years. They have two sons, ages 13 and 10. Our DIL has always been very needy, and always thought of herself first.

The kids live with her, but not and stay with their father whenever they want or when their mother needs her space. Since the separation, our son dated one woman for two years, but they're now just friends.

Our DIL has been with four different men whom she now puts down as difficult and unstable.

Our older grandson has become very quiet but I know that his father is always there for them, and never refuses to take care of his son. I really want to go out or go away.

The kids say their mother yells a lot. I don't get involved, and just say she's probably upset with something these weeks.

Recently she emailed me that she's seeing a new man, a lawyer who lives out of town and has bought her many gifts and promised future trips.

She said she's finally found someone who treats her like a person, as opposed to all the others who treated her like "dirt."

I believe I have to be nice to her because of the kids. If I don't respect their mother, whom they love, then what am I teaching them about respect? So I have my tongue and try to stay away from her and respond only about the kids.

How do I get over my anger and dislike towards her and still carry on and not let it show, when our

grandson mentions Mommy and the lawyer?

She's currently spending all her spare time with him and ignoring her children who send her I haven't told my feelings to my son.

**Not**

**Mixing** You're the steady, sane and thoughtful grandmother so important in their lives, and you're making the right decisions as their behalf.

By not letting your son your feelings, you keep your relationship with him smooth and supportive rather than interfering, since he can't control his ex as every man.

By not undermining their mom, you help the kids make their own adjustment to what's going on, rather than disturb them with feelings of disloyalty and hostility which could be turned against you, their much needed and wise guide.

As for your internal anger, it's very secondary to what's important here. And you know it, so you can handle it.

**Q** Five years ago my brother, and only sibling, suddenly became ill and died at 41. We were very close as kids and still had a good relationship. He and his wife had two young children.

Now my sister-in-law, whom I've known since I was 14, is living with a friend of both my brother and his. He was once married to her best friend, but they divorced years ago.

Their relationship began a year after my brother died. He's a good guy, and she's deserving of happiness, but I'm having a difficult time accepting their relationship.

How can I deal with these feelings? I would visit with them because it should be my brother who's still there in his house.

**Want to be Accepting**

As you're still grieving this sudden loss but you can't get past it if you anger what your brother would've wanted most—your involvement with his children. By staying away you deny that ongoing link you and the children need, which likely has wider needs too.

## Next week in BRIDGES

Kayla Mack has returned home after helping Canada to a historic second place run at the Women's Rugby World Cup

# #CROSSWORD

## NEW YORK TIMES Edited by Will Shortz

### ACROSS

- 1 Southern usually served with bread
- 4 Line many beds
- 10 Acute military network
- 19 Title of "The Lord of the Rings"
- 24 April to September for baseball
- 25 Stadium closed in 2005
- 31 Use some stocks, for short
- 37 List of them OK?
- 38 "We support to see you"
- 39 Run some water over
- 42 Underestimated thing, for a U
- 45 Top, or a norm that can provide data
- 46 Phone feature
- 49 Join with a key (for)
- 53 The Street to Denver's wife
- 55 Massachusetts on Connecticut to DC
- 57 Rock band
- 58 Cowboy instrument
- 60 Card combinations
- 63 Handle an algorithm for a surfer?
- 64 Impermeable
- 66 "Stuck in..."
- 68 Diction is a stage of development?
- 70 Broadway's hit
- 71 Toxic art, for people
- 74 Artistic but somewhat old?
- 75 Satisfice alternative for short
- 76 Features of many late-1900s cars
- 78 ...entire
- 80 Unusual fruit was 3000 calories?
- 81 Phishy?

### DOWN

- 1 With certain plants do only once
- 2 Lumber
- 3 Aug. 2 to 10, once
- 4 Get with another merchant's hand
- 5 Opposite of gully?
- 6 Named Greek hero's name
- 7 Welcome at the door
- 8 "...and I said, 'Lulu!'"
- 9 Roman numeral for 10
- 10 Footballer's V.P.
- 11 Gnat
- 12 Celebrate. Based on verb
- 13 Pedestrian, as a horse
- 14 Nuts! Children's "book"
- 15 Another Aard
- 16 One proceeding in front
- 17 Aid for a bank to be
- 18 Irish figure, 1800s
- 19 ...Clayton (Norman German clergy)
- 20 German's get away
- 21 French Oscar nomination
- 22 Black before beat
- 23 Broken record, a bit
- 24 Cam button
- 25 Summer
- 26 Some coffee makers
- 27 Acts to replace rubber
- 28 "Hill" in g.
- 29 Prostate material
- 30 Hospital implants
- 31 Insecurity in all partners
- 32 In industrial setting
- 33 German initials
- 34 Not an original
- 35 Rapper with the 3x platinum single "Bad on My Mind"
- 36 Kermanshah, classic Persian society to call
- 37 A large, in order
- 38 Laid in charge of 515
- 39 ...card
- 40 Some PCs and printers

## # JANRIC CLASSIC SUDOKU

### Level: Bronze

All in the blank cells are numbers 1 to 9. Each number can appear only once in each row, column and 3x3 box. Use logic and process of elimination to solve the puzzle.

The difficulty level ranges from Bronze (easiest) to Gold (hardest).

			6			9	7	
	7		9		4		6	
9	6		5			3		2
	1			5	2			
2		4		1		5		6
			4	9			7	
1		3			6		5	8
	4		2		5		1	
6	8			3				

Sudoku is the crossword puzzle and the Sudoku words found on Page 27.

# Authentic Amish Cooking



## Blueberry Muffins

- 1 C. butter or marg.
- 1 C. Sugar
- 1/2 C. Baking Soda
- 2 T. Salt
- 1 C. Sour Cream
- 1 Egg
- 1 C. Flour
- 1 T. Baking Powder
- 1 T. Baking Soda
- 1 Egg
- 1 C. Sugar

Heat oven to 400°. Grease or line muffin tins. Beat butter/margarine with 1 T. flour and beat together egg and cream and add 1/2 C. blueberries and just measured 1/2 cup sugar. Mix until well mixed. Bake for about 20 minutes or until toothpick inserted comes out clean.



# Authentic Furniture

Custom Solid Wood Heirloom Pieces

Great Deals just got better!!



## Customized Option:

- choice of styles
- wood choices
- stain choices
- fabric or leather choice
- custom sizing available
- view our styles in our catalogues

We'll pay the tax on All Dining Sets and Bedroom sets!

## Authentic Furniture

Seaton's 1st Amish Store  
510 Circle Dr. E • 955-9397  
Authentic Furniture

# ON THE SCENE

## # KICK OFF YOUR HEELS BBQ

Female professionals and entrepreneurs in Saskatoon were invited to kick off their heels for an evening BBQ with carnival games and adult slushy drinks at the Saskatoon Family Farm Park in Zoo.

Networking can be a drag, but this event made it fun and low-key. It was sponsored by Scotiabank Women Entrepreneurs of Saskatchewan, Wilson Centre for Entrepreneurial Excellence, Sauer One and KPMG.

Proceeds to the tune of 2625 from ticket sales were donated to King George's Community School to help buy supplies for the upcoming school year for their students. Scotiabank, through their community-involvement program, Scotiabank Bright Future, will match that donation for a total of \$1,650 for the school.

Killian Dean and Joanne Fisher of Scotiabank is a special partner of event.

1. Stephanie Yang

3. Amy Buzdner, Adele Buzdner and Elina Meris

4. Joanne Kachur and Diane Sabrow

5. Jocelyn Davey, Hienchuk and Barb Adeline

BRIDGES PHOTOS BY GREG FENDER



# ON THE SCENE



6. Amy Waller and Roderic Hunt

7. Elaine Kocurek, Terri Parent and  
Dianne (Sponsor of KPMG)

8. Jesse Scott and Lynsey Glaser of  
KPMG

## CARNEGIE MEDICAL SUPPLIES



Saskatoon's Only Medical Supply Specialists in:

• Ostomy • Incontinence • Mobility • Wound Care • All post hospital needs

Come in and see us today at:

2301 Miller Avenue, (In Miller Place) Saskatoon, Sk.

(306) 666-3998



**SHE** Modeling Agency is holding a

**MODEL & TALENT** AUDITION

SEPT. 6, 4PM - 8PM  
AT 3211 WELLS AVE.  
SASKATOON

Meet in person  
**CHARLES STUART**  
agent for super model  
**COCO ROCHA**

Auditions being held for  
**FACES WEST MODEL & TALENT SEARCH** Vancouver  
in November, with over 40 agents scouting for ages  
18 & up. No experience necessary!

For more information call **Nancy 306-523-7484**

## Run For Humanity

WE COORDINATELY INVITE YOU TO JOIN CHARITY WALK/Run TO RAISE FUNDS  
FOR CHILDREN'S HOSPITAL FOUNDATION OF SASKATCHEWAN



Saturday, September 20th, 2014 at 9:30am

At Dr. Gerhard Herzberg Park  
Acadia Drive, Saskatoon

REGISTRATION:

[www.humanityfirst.ca](http://www.humanityfirst.ca) and click fundraising events

SPONSORED BY



Children Enjoy  
Free Jumping  
Fairy Castle



IN SUPPORT OF



About Humanity First Canada

- Humanity First has over 30 years of experience, working with the United Nations (Canada and Saskatchewan Councils),
- An Associate Member of the Saskatchewan Council of International Cooperation (SCIC)
- Humanity First Canada is a partner with Canadian International Development Agency (CIDA) and working hard to help 200,000 children and women in 100 countries after typhoid epidemics in Malawi.

## MUSIC

**FOLLOW BRIDGES ONLINE** at [thetarpheoenix.com/bridges](http://thetarpheoenix.com/bridges) or you can follow us on Twitter @bridgesYXE or on [facebook.com/BridgesYXE](http://facebook.com/BridgesYXE)

# PHOENIX LAUREN

## Saskatoon soul singer on the rise

By Sean Trembath

Phoenix Lauren is still working to earn her name.

Born Kaitlyn Heather Lauren Skene, the Saskatoon-based soul singer took well over a year to come up with her stage name after deciding her real name didn't roll off the tongue.

"I was going by Kaitlyn Heather Lauren. It was just a mouthful. I couldn't even say it without stumbling," Lauren says.

Once she landed on Phoenix, it felt right. The song story of the fiery bird rising from the ashes told the story she hopes to write with her music.

"I think it was more looking into the future. What I want to be, what I want to conquer, and who I want to become," she says.

Lauren knows she has a long way to go.

"I think I'm still on that journey. I hold myself to really high standards, so it doesn't really feel like I've arrived," she says.

That journey is about to reach a milestone. On Friday, Lauren and her band the Strength are releasing their first ever album, a four-song EP with a show at Anigwan. It's the end product of almost a year of work — much longer than she would have hoped.

"It's been amazing, but I'm really critical with myself, so it's been grueling. I feel it really hard to be satisfied. I always feel like I can do better," Lauren says.

Growing up in Weyburn as the daughter of a pastor, Lauren would sing in church. She always loved it, and had been writing songs since she was 14, but it wasn't until she moved to Saskatoon about two and a half years ago that she put herself out there as an artist.

It started with open mics. Then she was approached by Josh Parker and Tim Vaughn, two musicians in the local scene, about working together. They added Ben Parker, Andrew Dickson and Kyle Krupa, and Phoenix Lauren and the Strength were born. Lauren with the lineup her dream team of local musicians.

She admits the whole "be-ing-in-a-band" thing was a little foreign to her, and she is still figuring some parts of it out.

"It's almost an embarrassing process. I had no idea what I was doing. I knew I could sing and that I wanted to sing, but forming a band, testing it out, writing songs was a very scary and vulnerable place," she says. Aside from her music, Lauren's other obsession is fashion.

"My earliest memories are of me picking out my outfit. It was always important to me," she says.

She has attracted a following on Instagram and was recently featured in a Unibaked fashion magazine for her style.



Phoenix Lauren. The daughter of a pastor grew up in Weyburn. She and her band are moving their first four-song EP that is QUARTET MUSIC.

# MUSIC



The band's EP is a tight collection of funk soul, with both fast and slow numbers. The shell of the players comes through in interesting instrumentation, with Laura's singing peeling the whole production along at whatever pace she chooses.

When asked about influences, Laura has just one name in mind, Pagan legend Laura LBJ.

"I love that her songs come forth with a raw

sage, and with passion and conviction. It's not just another pop song. You can really feel the emotion," Laura says.

With the first album under her belt, Laura is now looking to the future. She is planning to move to Vancouver in the fall, with an eye toward music as a full-time career.

"I want to be at a place where I'm sustaining myself fully on music," she says.

[adam@highlandprairie.com](mailto:adam@highlandprairie.com)



EXPERIENCE NATURE AT YOUR DOORSTEP  
**WORK IN THE CITY...  
LIVE AT THE LAKE**



**ONLY 20 Minutes South on Hwy 11  
at Blackstrap Lake.**



Fully serviced with city water, sewer system, power, telephone, and natural gas.  $\frac{3}{4}$  acre lots starting at

**\$79,900**

Rick King 306-221-1209  
Neil Ketilson 306-229-8976

[skyviewcountryestates.ca](http://skyviewcountryestates.ca)

# SHARP EATS

See a food trend you think deserves a highlight in Bridges?  
Email [bridges@thestarphoenix.com](mailto:bridges@thestarphoenix.com)  
or visit Bridges on Facebook

## # URBAN CHICKEN ARGUMENT

### Too many inaccuracies presented as fact

By Jenn Sharp

It doesn't matter if the chicken or the egg came first, according to some, neither one belongs in the city.

Questions were raised about chicken's place in an urban centre after an Aug. 28 story ran in *The StarPhoenix*. Kent and Darcee Riehl are breaking a city bylaw by having chickens in their Orwell Hill back yard.

The couple, who got approval from their neighbours to keep the chickens, said they're being socially responsible. Rather than obtaining eggs from factory farms that have travelled miles to get to the city, they're sourcing from their own backyard.

Concerns about everything from the city's liability to food-borne illnesses and fears of chickens dying after pecking at chicken manure were raised by Councillor Sharron Cross. Councillor Hill also raised concerns about the smell, the noise chickens make and the pests they attract.

The argument has been one-sided, with too many inaccuracies presented as fact.

Chickens cluck during the day from time to time, especially when they're laying an egg, but it's not even close to the noise a barking dog or cat or heat maker. They're quiet at night. Roosters are the loud ones, but you don't need a rooster to have eggs.

I'm not saying people should be allowed to keep hundreds of chickens in their backyards, or Hill should be when referencing three small — two or three is enough to provide a family with eggs. The mess a few chickens make is minimal, especially when kept in a coop that's cleaned regularly. The smell is certainly not unusual. Chicken droppings easily break down into lawn fertilizer.

The noise dogs make on the other hand, is disgusting. How many times have you had to avoid a fresh pile of poo on the sidewalk?



Questions have been raised about the safety of having chickens in backyard coops in the city, which is currently contrary to Saskatoon city bylaw. Serious inaccuracies about urban chickens have been stated in the local media. Not from left, seen here are a variety of native Heritage chicken breeds. At Two-Birds, all organic Heritage breeds are in almost extinct, as people wanted to raise perfect egg layers or fast growing and economical to feed meat birds. BRIDGES PHOTO BY MICHELLE BEAG



# SHARP EATS



The hen above, a Golden Laced Wyandotte, is an exotic heritage breed owned by Con Block, a hobby chicken farmer north of Saskatoon. She says chickens are healthier when they're allowed to spend as much time outdoors as possible. Proper ventilation and insulation in the coop is a must, along with strong flooring to dissuade predators. **STORIES PHOTO BY MICHELLE REED**



My feet haven't been flat enough more times than I care to admit and that smell is vouchsafing. And don't even get me started on cats using seedbeds and flowerbeds as their toilets or spraying their territory. Frequent women are also used to stay away from taller bushes because troublesome, parasitic infections carried by cats, as transmitted to the bees. It can cause significant neurological damage to a fetus.

Yes, chickens do pose a risk of transmitting food-borne salmonella or campylobacter, but the risk is

minor. All that's needed to prevent sickness is some common sense — don't wear your chicken coop shoes in the house and wash your hands.

Bark Clasen, a professor in animal and poultry science at the University of Saskatchewan, told *The StarPhoenix*: "There might be other reasons why we don't want chickens in the city, but that one — is making people fearful."

Thank you Clasen — enough of the fear mongering! People have been living with chickens for thousands of years. Let's stop being so

afraid.

As advantage to chickens, he said, all those delicious eggs, is that they love eating insects including mosquitoes and ticks — does your cat do that? I didn't think so.

They're also wonderful composters, they eat just about everything except bones. Chickens have even been known to attack and eat small mice. Just search for it on YouTube if you don't believe me.

There's also the argument that chickens will attract predators like foxes, snakes and raccoons. But

so do rabbits, cats and small dogs. Chickens sleep in protected coops at night and are quiet — these are natural instinctual defenses that protect them.

Chickens are also cheap and very low maintenance — they just need food, water, shelter and regular pen cleaning. There's no grooming, washing, soaking, spraying, treating or treating involved.

Eggs aren't really supposed to be that pale yellow watery consistency that you find in the grocery store variety signs from chickens raised

on grass, bugs and fresh air have a rich taste and are a deep yellow colour.

Let's get our heads out of the sand. Support people who are contributing to a sustainable food future, especially when farmland is being converted into suburbs at an alarming rate.

*What do you think? I thought urban chickens are allowed? Good to find out you're Twitter: @hatchedandchickens.com Twitter name: @hatchedandchickens*

# IN THE CITY

# AUGUST 27, 2014 — 3:25 P.M.

## Skip before school



The Headless Nats. It was July 18, 1914, when a swarm of the headless nats (mayflies) swarmed the river north of the Castle Drive bridge during one of the last hot days in Saskatoon before school starts. (Herald-Examiner Archives)

# GARDENING

## #GARDENING ADVICE

### Late blight reported in Outlook and Saskatoon areas

By Jackie Bantle

Do you remember when Saskatchewan summers were so dry that growing a vegetable garden was nearly impossible without a good sprinkler?

The last few years have been any thing but dry. Once again, the wet conditions are providing the perfect conditions for the formation and spread of late blight (caused by the fungus *Phytophthora infestans*) in potatoes and tomatoes.

This is the same fungus that was responsible for the Irish potato famine leading to the subsequent Irish diaspora. It is still a significant crop disease, causing over \$6 billion in losses annually. Although it is often associated with potatoes, the fungus attacks many plants in the Solanaceae family including tomatoes, eggplants and pepper (see likely). The disease was recently reported in the Outlook and Saskatoon areas.

Late blight thrives in cool damp weather. Late blight spores spread via the wind and rain splash. The spores, three microns in diameter, develop under high humidity temperatures below 30°C and free moisture (like rain, dew, mist) for at least six to eight hours.

Late blight initially appears as a small dark lesion on the stem or leaf. Initial leaf lesions often occur lower or in the plant canopy where there is less air movement and humidity is higher. In cool, humid weather, these leaf lesions may occur on the upper canopy of the plant.

Leaf lesions are pale green, to brown, in greyish-black, in colour, circular or irregularly shaped, have a characteristic yellow or water-soaked halo surrounding the lesion. Unlike early blight (*Alternaria solani*), the lesions are not limited by leaf veins and will quickly encompass the entire leaf if conditions



Late blight has arrived in Saskatoon and has been recently confirmed in the Saskatoon and Outlook areas, according to Dr. Doug Halton, senior labeller researcher at the University of Saskatchewan. The photograph shown above has a water-soaked area surrounding the dark brown lesion. PHOTO: COURTESY JACKIE BANTLE.

are favourable.

During cool damp weather or in the early morning, a white velvety growth can be seen on the underside of the leaves (the spores are produced on this growth). Stem lesions will continue to progress even during hot, dry weather. Under favourable conditions, large potato or tomato tubers can be destroyed in several days.

If you suspect that you have late blight, remove the infected plant as soon as possible. Burn or bury the infected leaves, stems and vines. Harvest potato tubers as you use them; otherwise, lose tubers in the

soil as long as possible. Infected tubers will hopefully rot in the ground before you dig them for storage. Potato tubers infected by late blight will have brown to reddish or purple irregular necrotic lesions on the skin. Under the lesions will be a soft, dark brown, dry granular rot that will continue to spread into healthy tissue. The entire tuber will eventually become rotted and invaded by secondary soft rots. Moisture potato tubers in storage closely for rot. The pair of rotting tubers immediately clean and disinfect storage area with 10 per cent bleach solution.

Turn to frost that looks healthy

but has been harvested from infected plants should be washed in soap and water and dipped in a 10 per cent bleach solution followed by another soap and water wash. While this does not guarantee that your fruit won't rot, it may help to reduce infection if spores are located on the surface.

Tomato fruit that has been infected with late blight will have brown, leathery spots on the exterior of the fruit, particularly on the shoulders of the fruit. These spots will eventually become a soft rot as other secondary rotting organisms invade the fruit.

To avoid future late blight infections, use drip irrigation to water plants to avoid water splash on the leaves. If you overhead water, avoid watering on the evening or at night. Destroy all volunteer tomatoes or potato plants that may emerge in your compost or surrounding garden area. Apply copper sprays as a preventative measure and control neighbouring weeds.

*Jackie is a horticultural therapist in Saskatoon. This column is provided in writing of the Saskatoon Province's Jackie's Greenhouse journal. Jackie's Greenhouse (Saskatoon) also offers and sells horticultural products for the growing season. Jackie's Greenhouse is located at the Greening Green Plant & Seed Exchange.*

## EVENTS

What you need to know to plan your week.  
Send events to [bridges@thestarphoenix.com](mailto:bridges@thestarphoenix.com)



Like Geoff and DJ Charly Nash will be spinning at Welcome Week at Lou's Pub Thursday through Saturday in Mesa-Elus Mesa.

## MUSIC

Wed., Sept. 3

**The Morning After**  
Buds on Broadway  
817 Broadway Ave.

**Welcome Week: Soup & Jaz,**  
Ravali, Cakorian, and Oz  
Marketsville  
LOAN' Pub,  
93 Campus Dr.

**Wicked Dots**  
Pizzys Pub and Grill,  
1433 MyWay/10th St.

Thurs., Sept. 4

**Dirty House**  
Crescent Restaurant &  
Lounge  
1-327 Pincushion Dr.

**Daybreak**  
Buds on Broadway,  
817 Broadway Ave.

**We loose week: The Duff,**  
Charly Nash, Mark Kelle,  
and Yes We Myrtle  
LOAN' Pub,  
93 Campus Dr.

Fri., Sept. 5

**Rock Candy**  
Buds on Broadway,  
817 Broadway Ave.

**Ben McConnell**  
Army & Navy Club,  
328 First Ave. N.

**Jon Bailey**  
McNally Robinson,  
3130 14th St. E.

**Maljyn's & Myrtle Kings**  
Fairfield Senior Citizens'  
Centre,  
103 Fairmont Ct.

**Welcome Week: Dr. J, Wilson**  
Hammett, and Reverend  
Loud' Pub,  
93 Campus Dr.

**Right to Remember**  
Dakota Dunes Casino,  
254 Dakota Dunes Way,  
Winslow

**Phoenix Laurens and the**  
**Strength w/ Ryan Schultz**  
Amigos Cantina,  
633 10th St. E.

**One Bad Son**  
O'Brien's Event Centre,  
241 Second Ave. S.

**The Chickadees**  
Pizzys Pub and Grill,  
1433 MyWay/10th St.

**Going to Follow The Gang**  
**Show**  
Sally's Lounge/Lounge,  
2434 Eighth St. E.  
Sat., Sept. 6

**Rock Candy**  
Buds on Broadway,  
817 Broadway Ave.

**Ben McConnell**  
Army & Navy Club,  
328 First Ave. N.

**Three for the Show**  
Downtown Location,  
656 Spedone Cres. W.  
DOWNSIDE  
Molina Lounge,  
3021 Lusk Ave.

**Wayne Burgen**  
McNally Robinson,  
3130 14th St. E.

**Back to School: Not Social:**  
**Rock Band**  
LOAN' Pub,  
93 Campus Dr.

**PS I Love You w/ Mozart's**  
**Sister**  
A Pop's Cantina,  
632 10th St. E.

## EVENTS

**The Whiskey Jents**  
Vergara Tavern,  
501 Broadway Ave.

**R.A., The Mugged Man w/**  
**Slavik, F.B.I. w/ Darter Life,**  
**Joey Suenz, Kurtz**  
**and DJ Haywood**  
Rock Bottom,  
5340 Broadway Ave.

**The Ghickadees**  
Peggy's Pub and Grill  
1433 Islaywyld or N

Sun., Sept. 7

**Arcadeville Night: George**  
**Schmewer**  
Suds on Broadway,  
517 Broadway Ave.

Mon., Sept. 8

**Black Hole**  
Suds on Broadway,  
517 Broadway Ave.

**The Drew Nelson Quartet**  
Roo Tropic Cafe,  
225 Second Ave. S.

Tues., Sept. 9

**Black Hole**  
Suds on Broadway,  
517 Broadway Ave.

**House Party 7:**  
**Marshall and Beggs,**  
**The Drew Tiffin Band,**  
**Rockland Theatre,**  
**DJ Marketmail**  
**and Charly Kustle**  
Lucky Pub,  
93 Campus Dr.

## # ART

**Mandel Art Gallery**  
Until Sept. 14 at 930 Spadina  
Cres. E. Summer exhibi-  
tions: *Continuity of Being* in  
the Company of Emily Carr;  
*Sympathetic Magic*, exam-  
ining the Canadian northland  
from diverse perspectives; *A*  
*Vital Force*, works from 1933-  
53 by the Canadian Group of  
Painters. The Artists by Artists  
Mentorship Program reflects



*Three Cars and The Skat* by Michael J. Martin is on display at Concordia West Galleries

Sean Wengelaar's work with  
his mentor, Marie Lemmon.  
Gallery members who make  
art are invited to participate  
in the 10th annual Members'  
Show & Sale. Delivery of work  
is Sept. 8 and the exhibition  
runs Sept. 12 to Oct. 5.

**The Gallery at Art Place**  
Until Sept. 18 at 226 Third  
Ave. S. *Atmospheric Perspective*  
by Catherine Proulx-Hodoff.  
Acrylic and watercolour paint-  
ings capturing the essence of  
nature in flux. Reception Sept.  
4, 5 p.m. to 8 p.m.

**Art Quest Art Show and Sale**  
Sept. 3, 3 p.m. to 6 p.m.; Sept.  
5, 10 a.m. to 6 p.m.; and Sept.  
7, 11 a.m. to 5 p.m., at Festi-  
on des Francophones, 103-  
328 Fourth Ave. N.

**Profile Star Gallery**  
Sept. 5-28 at 136 Eighth St. E.  
*Sketches from the Studio of*  
*Mina Fongtze: New and Old*  
*Works by Kim Kims. Opening*  
*reception Sept. 7,*  
*7 p.m. to 10 p.m.*

**Ukrainian Museum of**  
**Canada**  
Until Oct. 5 at 910 Spadine  
Cres. E. *Omytro Stoyko: The*  
*Colours of His World. Reception*  
*and screening of the*  
*documentary The Autobiography*  
*Adventure Sept. 5, 7:30 p.m.*

**Darrell Bell Gallery**  
Until Sept. 6 at 425-103 21st  
St. E. *Summer Exhibition*  
Featuring works by Carmelle,  
Kurtis Robber, Jim Graham,  
Michael Huskula, Trevor  
McDonald, Mitchell Fontana,  
Lee Brady, Joe Fafard, Curtis  
Devicchio, Gerald Penny, Adrian  
Stinson and Brian Gluchel

**Manish Valley Centre**  
**Gallery**  
Until Oct. 31 at 402 Third Ave.  
S. *Brushstrokes of Water-*  
*colour depicting Nature's*  
*Beauty by Michelle Fingers.*  
Reception Sept. 7,  
1:30 p.m. to 3:30 p.m.

## EVENTS



## KOALA CUSTOM SLIPCOVERS

*Transforming nice  
furniture into something  
spectacular!*



**FREE  
CONSULTS**

**306-249-3608**  
koalacustom.com

- sofas • loveseats
- armchairs • ottomans
- drapery panels • valances
- cushions • dining chairs
- light upholstery and more!



### A Month Gallery

Sept. 8 to Oct. 10 at 610 Broadway Ave. **Ms. Missed media sculptures** by Paula Casey reflecting her interest in incorporating non-succulent components into her work.

### Gordon Sealgrove Gallery

Until Sept. 12 at 791 in Room 101 of the U of S Murray Building. A Suburban Street by Mackenzie Browning. Reception Sept. 8, 7 p.m. to 10 p.m.

### St. Thomas More Gallery

Until Oct. 31 at 1437 College St. Georgian Bear Three Tales by Elizabeth Arden. Ricki Ault and Jacqueline Pyle Artist. Opening reception Sept. 12, 7 p.m. to 9 p.m.

### Centre East Galleries

Until Sept. 14 at The Centre. A display by showcases of Arts Winner in the Royal Gallery, a display by Museum of Antiquities in the Jade Gallery, a display by Saskatoon Potters Guild in the Amber Gallery, an art display by Art Expressions with Michael A. Martin in the Studio Gallery, photography by Imagery Photography in the Orkney Gallery, a display by Unleash Day in the Park in the Lavender Gallery, and displays by Saskatoon Public Schools in the Magnolia and Beech Galleries.

### The Gallery at Princess Maurice Central Library

Until Sept. 16 at 361-236-8518 in Banan Portraits by Arnie Stawczyk.

### Collector's Choice Art Gallery

Until Sept. 25 at 6230 First Ave. N. Faces by Jonathan Barnett. His first solo art show, featuring oils as well as medium works.

### Station Arts Centre, Southam

Until Sept. 27 at 701 Denison Ave. In Rotation. Recent works by Southam area artists. Includes paintings, fibre art, stained glass, wood carving, pottery sculpture and photo-etching.

### Handmade House Showcove

Until Sept. 27 at 710 Broadway Ave. Ugly Face Jugs. Featuring works by ceramic artist Kerrie Gilmore.



Many yoga and fitness classes are held outdoors on Wednesdays from September to October. **ERINHO PHOTO BY MICHELLE BIRD**

### Humboldt and District Museum and Gallery

Until Sept. 27 at 601 Main St. In Humboldt. Two Perspectives, poetry and paintings by Mel Bolan and Karen Holden. "Saskatchewan Sketches: quick block challenge" runs until Sept. 27.

### Black Spruce Gallery

Until Sept. 30 on Highway 62 at Northside. L212A Treasures, a group show. Small works by gallery artists.

### Unleash City Art Show

Until Oct. 17 at 159 Second Ave. N. New works from Jessica Edwards, Les Spelman and Luke Wernan.

### # FAMILY

#### Stay and Play

Saturdays and Wednesdays, 9/15 a.m. to 11/5 a.m., September through April. For children up to age five. Semi-structured, crafts, snacks, story time, toys, activities. Registration Sept. 4, 7 p.m. to 8 p.m.

Email at [trayndplayclasses@gmail.com](mailto:trayndplayclasses@gmail.com) or visit the Facebook page.

#### Sigs, Play and Explore Workshops

First Wednesday of each month through December, 10:30 a.m. to 12:30 a.m., at the Imaginary and Posing Health Centre, 245 Third Ave. S. Parents and their babies/toddlers explore their world, develop skills and engage in developmentally learning experiences. Monthly expenses are required. Email [info@www.dragonart-hands.com](mailto:info@www.dragonart-hands.com), visit [www.dragonart-hands.com](http://www.dragonart-hands.com).

#### Stark and Stralain

Wednesdays, 1 p.m. at Centre Cinema in The Centre. Choice of two movies each week. A baby-friendly environment with lowered volume, dimmed lighting, a changing table and stroller parking in select theatres.

#### Mom and Baby Outdoor Stroller Picnics & Classes

Wednesdays Sept. 8 to Oct. 6, 1:30

p.m., along the Moonwalk Trail. Meet new moms and get a whole body workout. To register and for starting location email SaskatoonLiving@Moms@gmail.com. More information on Facebook.

#### LALC Saskatoon Toddler Meeting

First Wednesday of each month at Augustine Church, 1201 Broadway Ave. All interested women are welcome. Call 306-455-4805 or email [lalcsaskatoon@gmail.com](mailto:lalcsaskatoon@gmail.com).

#### G's Climb and Play

Daily, 10 a.m. to 5 p.m., inlay 4 of 410 South Highway 10. We in Women. Saskatoon's newest indoor playground. For children up to age 12. Visit [gclimbplay.com](http://gclimbplay.com) or their Facebook page.

#### Pan Pastory Indian Playground

Daily at 16330 Quebec Ave. A giant indoor playground for young children. Adults and children under one year are free. There is a separate fenced in area for children under two.

# EVENTS

## Children's Play Centre

Daily at Enniskillen Heights Hall, 4 Run, sets, environment for preschool children to play. Please note this is an unsupervised play area, and adults must stay with and supervise children at all times.

## Market Mall Children's Play Centre

Daily just off the Food court at Market Mall. This play area is for those with different level skills. Children must wear socks in this play area.

## Oregon Tales Den

The first and third Thursday morning each month during the school year at St. Margaret's Anglican Church, 404 Ave. 13. A free room and no program. Call 242-7173.

## Breadreading Cafe

Thursdays, 10 a.m. to 11:30 a.m., at Southside Primary Health Centre, 3371 Fairview St. A drop-in support group for breadreading women. Sessions will be facilitated by a lactation consultant with a brief educational presentation, and time for discussion with the other mothers.

## Movies for Mothers

Thursdays, 1 p.m., at Fairview Cinema in The Centre. An informal family environment with medical sound, change tables, bottle warming and stroller parking.

## Canadian Light Theatre (CLT) Public Tours

Thursdays, 1:30 p.m., at the Canadian Light Theatre, 404 Innovation Drive. The symposium research facility is open for the public. More information is required. Call 306-557-3644, email: [info@canadianlighttheatre.ca](mailto:info@canadianlighttheatre.ca) or visit: [theatre.canadianlighttheatre.ca/public\\_tours.php](http://theatre.canadianlighttheatre.ca/public_tours.php)

## Shoe'n Stroll

Fridays 9:30 a.m. to 10:30 a.m., in front of Customer Service at The Mall at Enniskillen Heights. Classes consist of power-walking, body-sculling moves using exercise tubing and a socializing for parents and babies. Free entry at a summer-sundae-and-fries event. No classes on art holidays.

## Coffee Time for Mom

Fridays 10 a.m. to 12:30 p.m., at Bobbi's Bobbi's, 11705 Central Ave. Moms enjoy a free cup of coffee while a child enjoys in the playroom.

## Baby Talk at SPL

Fridays, 10:30 a.m., at Alice Turner branch, Mondays, 10:30 a.m., at Carlye King Branch and its second branch, and Tuesdays, 10:30 a.m., at Cliff Wright Branch. Half-hour singing and rhyme, then mingle with other parents.

## Mommy and Me

The first Friday each month, 6:30 p.m., at Wal-Mart Pharmacy, 8-1100 night 352. A one-project, one-evening class designed for one parent with one child. Printing techniques, tips and ideas. To register call 306-321-3279.

## Creek and Story Time

Saturdays 11 a.m. at Indigo Books, 3022 Eighth St. E. in the kids' section. Call 306-344-3387.

## Day of Play

Sept. 7, 10 a.m. to 4 p.m. at Kenikene Memorial Park, south of the Beasbrook area. A child's carnival with games, CD games, singing, a petting zoo, story presentations, water slide, bounce, face painting, a car show and carnival games. Tickets required for children ages two and up. Kids are asked to support the Saskatchewan Children's Nursery.

## Something as Sunday

Sundays, 2 p.m. to 4 p.m., at the Market Mall, 2000 Highway 950, Sudbury, Ont. E. Free family fun for ages four to 12, accompanied by an adult. Art-making activities led by gallery artists. Supplies are provided. Sept. 7, make a journal to keep track of school days.

## Postnatal Yoga

Mondays, 10 a.m. to 11 p.m., at Intermed and Fitness Health Centre, 248 Third Ave. S. Register to attend postnatal yoga designed to help with postpartum recovery. Baby friendly class with a certified yoga teacher available for four weeks to two groups. Pre-register. Register at [www.intermedwellness.com/classes](http://www.intermedwellness.com/classes). No class on art holidays.

## Parental Yoga

Mondays, 6 p.m. to 7 p.m., at Pregnancy and Parenting Health Centre, 248 Third Ave. S. Taught by a doula and certified yoga teacher. Information and referrals for any stage in pregnancy. Call 306-251-5443 or email: [info@parental-yoga.com](mailto:info@parental-yoga.com). No class on art holidays.

## Bobbi's Bobbi's Free Playroom

Mondays to Fridays, 10:30 a.m. to 4:30 p.m. and late night Thursdays, at Bobbi's Bobbi's, 11705 Central Ave. With a visit area, kitchen and shopping centre, puppet theatre, dance and crafts. To book groups or to check for availability, call 306-338-5781 or email: [bobbysbobbys@gmail.com](mailto:bobbysbobbys@gmail.com).

## Playgroup

Thursdays, 9:30 a.m. to 11:30 a.m., at Grace-Westminster United Church. Hosted by Faiths United Church Community, a group of families inspired by Walden's philosophies. Programming is aimed at children ages two to five, but all ages are welcome.

## Franchised Story Time

Thursdays, 10:30 a.m. to 11 a.m., at Muddy Waters, 3190 Fifth St. E. For children ages three to five in the Circle of Arts. Call 306-557-1477.

## Naturally Yours

Thursdays, Sept. 10 to Nov. 4, 7:30 a.m. to 9:30 a.m., at Pregnancy and Parenting Health Centre, 248 Third Ave. S. A comprehensive childbirth education series, preparing parents for the birth of a child. To register visit [birthnaturally.ca](http://birthnaturally.ca).

## BOBBI'S 4-KIDZ! Saskatchewan

Regular after-school programs, preschool classes and camps for kids of all ages at various locations in Saskatchewan. An atmosphere for students to build unique creations, play games, and have fun using LEGO bricks. Visit [bobbysbobbys.com](http://bobbysbobbys.com) or call 306-979-3749.

## Saskatoon Public Library Programs

Opening daily programs for children and families. Find the calendar at [saskatoonlibrary.ca/node/1016](http://saskatoonlibrary.ca/node/1016).

## # SPECIAL EVENTS

### Free Open House

Sept. 3, 7 p.m., at St. Martin's Hall, 1406 Eighth Ave. N. Hosted by the Saskatoon Scottish Country Dancers. An evening of social dancing for everyone ages 10 and up. No pre-out dance experience is necessary. Instruction and social dancing begin Sept. 10. Information at [saskdancers.org](http://saskdancers.org). Call 306-666-7474.

### Evening Market

The first Thursday each month, 4:30 p.m. to 10 p.m., at the Saskatoon Farmers' Market. Sept. 4, 5 p.m. to 8 p.m., at the Corn Festival. Corn shucking, cornmeal, vendor and food sales, and Cook & Learn sessions.

### All You Can Eat Perogies

Sept. 5, 4:30 p.m. to 7 p.m., at All Saints Ukrainian Orthodox Church Auditorium, 2646 Louise St. Includes amouss and dessert. Tickets at the door.

### Taste of Maple Culture: Visched Festival

Sept. 5-6 at the Battache National Historic site. A full festival of Métis artists and artisans designed to honor your local history and search your heart for enlightenment. Visit [pe.ca/visched/fest-visched/battache/index.aspx](http://pe.ca/visched/fest-visched/battache/index.aspx).

### Live Thoroughbred Racing

Sept. 5-7, 7 p.m., at Morris Downs. Live horse racing that's sporting style. Last race of the season.

### River Landing Market

Saturdays until Oct. 4, 8 a.m. to 2 p.m., at 120 Saskatchewan Way. Saturday markets alongside the Farmers' Market. A wide variety of art, imports, home furnishings, fashion and décor.

### Colour Me Rad

Sept. 6, 8:30 a.m., at Glenbow Park, 1500 center. Tickets at [colourme-rad.com](http://colourme-rad.com).

### SPOTD Children's Clothing and Equipment Sale

Sept. 6, 9:30 a.m. to 12:30 p.m., at Southland Curling Club, 161 Assiniboine.

Ave. Hosted by Saskatoon Parents of Twins & Triplet Organization (SPOTTO). Children included: baby furniture, strollers, maternity wear, toys and more. Admission is free and everyone is welcome.

### 2014 Annual Broadway Street Fair

Sept. 6, 10 a.m. to 10 p.m., along Broadway Ave. Presented by SaskTel. An all-day event of street performers, vendors, artists, musicians and dancers. With a sidewalk sale, music and dance stages, a silent auction, a super slide and a children's area with a petting zoo and pony rides. New this year, a walking street fair parade begins at 11 a.m.

### Come on the Cob at the Farmers' Market

Sept. 8, 10 a.m. to 1 p.m., at the Saskatoon Farmers' Market. Enjoy a cob of corn for \$2 from Spring Creek Gardens. With music throughout the day.

### Book Writers Book Readings

Sept. 8, 12 p.m. to 1 p.m., at the Farmers' Market. Part of the Market series. Featuring James R. Brynson, Allison Uhl, Glenda Goertzen, and Janet Kander Harsch.

### First Annual Marathon of Sport

Sept. 6, 5 p.m. to 5 p.m. at the Farmers' Market. A fundraising event for the Special Olympics Canada Foundation. A day of intense athletic competition. Various professional athletes compete against Special Olympics athletes. Selected sports include flag football, beach ball, soccer, ultimate football, basketball, and bench ball. Information at [kimberlymurray@gmail.com](http://kimberlymurray@gmail.com) or [shop.saskatoonfirstmarathon.ca](http://shop.saskatoonfirstmarathon.ca).

### BOBBI'S Autumn Movie Festival Event

Sept. 6, 7:30 p.m., at Mandrin Restaurant. Hosted by the Saskatoon Citywide Ladies Association. An eight-course dinner with movie view for dessert. Tickets at Rosemary Perry Photography at the Saskatoon Farmers' Market or 306-329-8276.

## EVENTS



The Saskatoon Valkyries are holding a backh: football camp for women on Sept. 7 at Gordon Howe Park. (Photo by LAM RICHARDS)

#### Sound Healing Meditation

Sept. 6, 6 p.m. to 9:30 p.m., at Onus House, 612 Highway 10E. In Meditation through sounds that help take one into a deep level of relaxation and healing. Instruments of sound include voice, didgeridoo, native drum, gong, Tibetan singing bowls, rattles and a crystal bowl. Bring a blanket or yoga mat. To learn more information or to register, visit [www.soundshealing.com](http://www.soundshealing.com).

#### You May Not Know the Bride But!

Sept. 7, 11 a.m. to 4 p.m., at Praterland Park. Presented by Saskatoon Bride. It's starting a fashion show at 2 p.m. With door prizes and exhibitors for the entire wedding party. Tickets at [www.youmaynotknowthebride.ca](http://www.youmaynotknowthebride.ca) or at the door.

#### Women's Tackle Football Camp

Sept. 7, new players 1 p.m. to 3 p.m., veteran Valkyries 3 p.m. to 5 p.m.,

combined players 7 p.m. to 9 p.m., at Saskatoon Minor Football Field at Gordon Howe Park. Presented by the Saskatoon Valkyries football equipment is provided. You need a mouth guard. Consider a water bottle. An information session for women to learn the basics of football will be held before the camp. To register, email [saskatoonvalkyries@gmail.com](mailto:saskatoonvalkyries@gmail.com).

#### Arenal CPW Open House

Sept. 7, 2 p.m. to 4 p.m., at W.A. Edwards Family Centre, 333 Fourth Ave. N. Hosted by the Canadian Federation of University Women. Learn about their work and consider becoming a member. Information at 306-243-6424, [canadecw.ca/openhouse](http://canadecw.ca/openhouse).

#### Public Lectures

Sept. 7, 7 p.m. at the Jewish Community Centre, 715 McMahon Ave. Public lecture by Irene Faber, Head

of Collections, Jewish Historical Museum, Amsterdam, in connection with the 100th anniversary, Canadian Jewish Heritage Society in the Company of Emily Carr.

#### Tonight It's Poetry Slams Open

Sept. 7, 7:30 p.m., at The Woodville House, 181 Second Ave. N. Featuring 2014 grand slam champ Deak Komer.

#### Registration for the University Chorus

Sept. 8, 6:30 p.m. to 7:25 p.m., at Quince Theatre in the U of S Education Building. Chorus director is Dr. Daniel Langier. Registration will be followed by a short rehearsal. Adults who like to sing and can read music are welcome. Full repertoire includes Benjamin Britten's "Carmen" of Canada's "Theatre" with the Saskatoon Symphony Orchestra. Information at 306-243-6370, 306-966-

4052 or [www.usmusicensemble.ca/charus.html](http://www.usmusicensemble.ca/charus.html).

#### History Museum

Sept. 6, 7 p.m., at the Heron Residence. Their first rehearsal of the season. New members are welcome. An ability to read Ukrainian is helpful, but not necessary. Information at 306-373-8905, [heronwebby.com](http://heronwebby.com).

#### 2014 CCJL Conference

Sept. 13 to 30 a.m. to 4:30 p.m., at Praterland Park. Hosted by the Canadian Condominium Institute. North Saskatchewan Chapter. A seminar with speakers on many different aspects affecting condominiums. Featuring Catherine Ewing, Esq., Sr. Legal Counsel. Advance registration is required. Visit [ccj.ca/northsaskatchewan2014](http://ccj.ca/northsaskatchewan2014) or email [northsaskatchewan@ccj.ca](mailto:northsaskatchewan@ccj.ca).

#### THEATRE

#### Sideshow!

Until Sept. 6, 7:30 p.m., at studio 615, 615 20th St. W. Presented by La Troupe du Ar. A one-woman show written and performed by Geline Soltan. A young girl is seduced into sports fandom and discovers the rules aren't just apply to the game. Tickets at the door.

#### Frontiers Americanas

Until Sept. 6 and Sept. 10-12 in the North Studio in the U of S John Mitchell Building. Doreen Pino-Hellmuth stars with music by his father Rodolfo Pino-Hellmuth in this comedy-drama about being a Latino in North America. The play, by Guillermo Heredia, won a Governor General's Award. Directed by Dwayne Benne. Tickets at 306-965-3415, [plastic.com](http://plastic.com) or at the door.

Send details on a free community theatre offer to [theatre@theatre.com](mailto:theatre@theatre.com). Details will be posted if space permits.



# OUTSIDE THE LINES

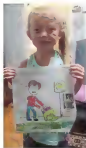


## # Colouring contest

Each week, Stephanie McKay creates a timely illustration meant to please kids of all ages.

Children can colour the page, have a picture taken with the finished product, and email it to [bridges@thetwelfthsphe.com](mailto:bridges@thetwelfthsphe.com). One winner will be chosen each week.

Please send entries by Monday at 9 a.m.



Last week's contest winner's Presley Salzman, Age 6.  
Thanks to everyone who submitted entries!



**For the Toys you've Always Wanted**

**[gigglegfactory.ca](http://gigglegfactory.ca)**

The Greatest Toy Store in Saskatchewan! Largest selection of Playmobil & CLEO Cribbs. We also carry a huge selection of Unique Toys and Great Party Supplies, including Balloon Decorating!

Come See us in our Great Location with Free Parking

**150 - 1824 McOrmond  
Dr. 975-9630**

## # RECIPES

## Make your own natural pop, cut carbs not flavour

By Laura Brehaut

Making your own naturally fermented soda pop is a great way to control both the amount and kind of sugar in your beverages. It's also a way to showcase the best of the season's produce — think apricots, cherries, grapefruit, rhubarb and watermelon — in a way that adults and children alike will enjoy.

Even better, you don't need any special equipment or products to get started.

Carbonation occurs naturally during the fermentation process. If you add yeast (and some kinds of bacteria) to a sugary liquid and leave it for a while, you will have created a fizzy beverage. You can do this by adding commercial yeast, as in the soda recipes below, or by a process called wild fermentation, which relies on naturally occurring yeast and bacteria in the air, soil or on the fruit or vegetables you're using.

Nobuko Hattori, owner of Akhe-mi Peck Company in Toronto, has years of wild fermentation and uses either an organic ginger starter, a.k.a. ginger bug, or whey (from yogurt) when making her natural sodas.

"Sodas are really interesting because you can make almost anything into a soda," she says in an interview. "We can just do a one-off batch with whatever is really seasonal. We can experiment with season's flavours, with interesting combinations of things and introduce new herbs and new fruits to people."

For these new to home brewing or fermentation, sodas are a fitting first project. "They're really easy to make," she says. "You put some ginger, sugar and fruit together and a couple days later, if you're lucky, it will be carbonated and a tasty drink for you!" Hattori says.

"Want case scenario: If you don't quite want to and you try again," Hattori chuckles. Christensen, California-based author of *True Brews* (Oct. 30, 2013, \$20), points out that when it comes to soda, you can go wild. If you have a plastic pop bottle, you're set.

"I recommend that beginners start with a recycled soda bottle, just for the simple reason that it's really easy to tell when that soda is carbon-



Watermelon-Mint Soda (from True Brews by Emma Christensen, Page 60) or Zen Scent Soda

ated just by pressing on the side of the bottle. It will be soft at the sides if it will slowly inflate as the soda carbonates, and then it will be rock solid when it finally is open up, says Christensen."

### Wild fermentation or commercial yeast?

Christensen's recipes for Watermelon-Mint Soda and Grape Soda use champagne yeast, rather than a wild fermentation process. "I like champagne yeast for soda pop because it has a super-dense floccant. If you think about the flavour of champagne, it's really crisp. Some of that comes over into the soda pop too," Christensen says.

Both Christensen and Hattori agree On-chance comes down to predictability both in the fermentation process and flavour. Essentially with commercial yeast you know what you're going to get, and wild fermentation is more of a wild, wild world.

For beginners who want to try wild fermentation, Christensen recommends starting with kombucha (fermented tea or kelp fermented with), both of which have a particu-

lar flavour.

### Watermelon-Mint Soda

Makes about 8 cups (enough to fill a 2 L plastic soda bottle)

- > 4 lbs (kg) sorted and cored watermelon (2 L or 2 cups from a 6-lb watermelon)
- > 10 cups peeled fresh mint leaves
- > 10 cups freshly squeezed lemon juice (from about 4 lemons), plus more if needed
- > 1 cup water plus more to fill the bottle
- > 6 cups white granulated sugar plus more if needed
- > Pinch of salt
- > 16 cups dry champagne yeast

1. Combine watermelon, mint leaves and lemon juice in a large bowl.

2. Bring water to a boil in a small saucepan on the stove top or in the microwave. Remove from the heat. Add the sugar and salt, stir to dissolve and pour over watermelon. Let stand

for 10 minutes to macerate the fruit.

3. Working in batches, pour the watermelon and mint with their li-



Grape Soda (from True Brews by Emma Christensen, Page 60) or Zen Scent Soda

quid in a food processor or blender. Strain the juice into a bowl, collecting as much juice as possible without forcing any solids through the strainer.

4. Pour the juice into a clean 8-cup bottle using a funnel. Top off the bottle with water leaving at least 2-3 cm of headspace. Give it a taste and add more lemon juice or sugar if desired. The extra sugar will dissolve on its own.

5. Add the yeast. Screw on the cap and shake the bottle to dissolve and distribute the yeast. Let the bottle sit at room temperature out of direct sunlight until carbonated, typically 12 to 48 hours depending on the temperature of the room. Check the bottle periodically, when it feels rock solid with very little give, it's ready.

6. Refrigerate overnight or for up to 2 weeks. Open very slowly once you are sure the pressure isn't too high and avoid bubble-ups.

### Grape Soda

Makes about 8 cups (enough to fill a 2 L plastic soda bottle)

- > 4 lbs Concord grapes or 6 cups Concord grape juice
- > 10 cups freshly squeezed lemon juice (from 2 or 4 lemons), plus more if needed
- > 1 cup water plus more to fill the bottle
- > 16 cups white granulated sugar plus more if needed
- > Pinch of salt
- > 16 cups dry champagne yeast

1. Pulse grapes a few times in a food processor or blender to break them into big chunks. Don't bother removing the grape seeds. Combine fruit with lemon juice in a large bowl.

2. Bring water to a boil in a small saucepan on the stove top or in the microwave. Remove from heat. Add the sugar and salt, stir to dissolve and pour over the grapes. Let stand for 10 minutes to macerate the fruit.

3. Using grape juice simply combine juice with the liquid and skip to the bottling step.

4. Working in batches, pour the grapes with their liquid in a food processor or blender. Strain the juice into a bowl, collecting as much juice as possible without forcing any solids through the strainer.

5. Pour juice into the clean 8-cup bottle using a funnel. Top off the bottle with water leaving at least 2-3 cm of headspace. Taste it and add more lemon juice or sugar if desired. The extra sugar will dissolve on its own.

6. Add yeast. Screw on the cap and shake the bottle to dissolve and distribute the yeast. Let the bottle sit at room temperature out of direct sunlight until carbonated, typically 12 to 48 hours depending on the temperature of the room. Check the bottle periodically, when it feels rock solid with very little give, it's ready.

7. Refrigerate overnight or for up to 2 weeks. Open very slowly once you are sure the pressure isn't too high and avoid bubble-ups.

*Recipes excerpted from True Brews by Emma Christensen, publisher of Zen Scent Soda, a division of Nobuko Hattori. All rights reserved.*

*Permalink News*



# GRAND OPENING!

## NORTH AMERICA'S LARGEST

# LA-Z-BOY®

## ComfortStudio

**GRAND OPENING!**  
**THURSDAY 1 PM.**

ENTER OUR  
DRAW FOR  
A LEATHER  
LA-Z-BOY CHAIR



LA-Z-BOY  
LEATHER  
ROCKER  
RECLINER

MSRP \$1129  
REG. \$999  
**\$599**



LA-Z-BOY  
ROCKER  
RECLINER

MSRP \$599  
REG. \$509  
**\$399**



LA-Z-BOY  
SOFA  
BED

MSRP \$1199  
REG. \$999  
**\$999**



LA-Z-BOY  
LEATHER  
CHAIR  
3 SPIND  
LUMBERLORDS

MSRP \$999  
REG. \$799  
**\$799**



LA-Z-BOY  
LEATHER  
SOFA &  
LOVESEAT

MSRP \$2499  
REG. \$1999  
**\$2299**

**ENTIRE STORE ON SALE**

**PLUS** POP A BALLOON FOR ADDITIONAL DISCOUNT FOR UP TO 50% OFF YOUR PURCHASE

# Sorensen's

**FINE FURNITURE**

MON-SAT 9:30AM-6PM THURS 9:30AM-9PM

715 - 1ST AVENUE N  
SASKATOON  
306.955.5909

